



# Psychological Skills

Learning how to overcome common but unhelpful thought processes is a skill. Through eQuoo, you can learn how to identify and redirect negative thought processes and strategies to boost your mental wellbeing.

 **Mindfulness:** Being present and focusing awareness of ourselves and our environment, often to create a feeling of calmness.


 **Physical Detection:** Understanding the link between your physical symptoms and mental health.


 **Boundaries:** Clear lines you set to protect your peace and wellbeing.


 **Safety Behaviour:** Behaviour that fosters hollow comfort. Examples include drinking or using drugs to feel more relaxed or not going to school or college to avoid someone because it feels easier to avoid them.


 **Diet:** What we eat and how that ties in with how we see ourselves.


 **Secondary Appraisal of Events:** How you later react to and reflect on situations after they happen, like struggling to cope with the loss of a job or how you respond to a difficult relationship break-up.

 **Decluttering:** Strategies you put in place to think clearer and sort through unhelpful thoughts taking up your mental space

 **Nurturing Relationships:** How to be supportive and show appreciation to the people in your life and why it's important.

 **Resource Mapping:** A technique used to identify and make the most out of things in your environment - like people, places, or activities.


 **Behavioural Activation:** There is a link between our emotions and behaviours and we can use this to improve our mood and wellbeing; for instance, by pushing ourselves to engage in fulfilling activities even when we don't initially feel like it.

 **Safe Spaces:** Zones of low stress where you can retreat to when times get tough. Safe spaces can be physical or virtual but are places where you can relax and be yourself.


 **Opportunities for Talent:** Recognising our strengths and using opportunities to put these into action.





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 **Emotional Bids:** Saying or doing things to signal that we want some sort of positive connection with someone, like offering to shake someone's hand or opening your arms for a hug.

 **Selective Attention:** Focusing awareness on one thing at the expense of other information.


 **Mirroring:** Copying something about someone else in our presence, like their mannerisms. Sometimes we do this unconsciously to establish a deeper connection with the person.


 **Self-serving Bias:** The tendency to attribute our successes to internal, personal factors, and our failures to external, situational factors.


 **Gaslighting:** Manipulation aimed at gaining power over another such as by getting a person to doubt or second guess themselves.


 **ABC model of beliefs:** Understanding why we think, feel and act in certain ways. Understanding the "why" can help you make better decisions.


 **Confirmation Bias:** The tendency to actively search for information that confirms our assumptions.


 **Action Bias:** The tendency to take action, even when negative or risky, in order to take back a sense of control. Typically driven by emotions, this is instead of inaction, like waiting to see what happens.


 **Worthiness:** The quality of being good enough. Having low self-worth is associated with poor mental health and wellbeing.


 **Courtesy Bias:** The tendency to be polite and interact in a way that others would consider socially acceptable, regardless of our true feelings.

 **Mindreading:** Believing we know exactly what others are thinking when the reality may be very different. For example, assuming someone doesn't like you or they think what you said is awful.

 **Self-efficacy:** The extent to which we believe in our capacity for success, like how well we think we would be at handling a problem, or how good we think we would be in a certain role.

 **Expectancy Effect:** Changing your behaviour to fit with what you think others expect of you or what would make you come across in a better light.

 **Reciprocity:** Feeling a duty or obligation to return the favour when someone does something nice for us.

 **Fortune Telling:** Predicting future negative outcomes or events, despite limited information or a lack of certainty. This can lead to selective attention towards murky evidence supporting your belief.



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**Generalisation:** A cognitive shortcut that sometimes helps us make sense of the world, but can also be an unhelpful simplification of reality. For example, believing that nothing good ever happens to you because you had a few bad days.

**Catastrophising:** A cognitive distortion where we start to see things as being worse than they probably are. For instance, feeling like a failure after getting a single bad grade.

**Negative Automatic Thoughts (NAT's):** Spontaneous, irrational, self-defeating thoughts towards a situation, person or environment.

**All-Or-Nothing Thinking:** A cognitive distortion where we assume there are only extreme options and nothing in between. For example, "I'll either make it in life or I'll fail completely".

**Progressive Relaxation:** A technique that increases awareness of physical sensations and promotes the relaxation of muscles, which can help to calm the mind.

**Assertiveness Training:** Learning how to be more direct and communicative and sharing your true thoughts or feelings.

**Rumination:** Dwelling on negative thoughts or feelings to an unhealthy extent.

**Gratitude:** Understanding and appreciating things, people or just generally in life.

**Sleep Hygiene:** The quality of your sleep and things around it, like having a good bedtime routine.

**Doubting Thoughts:** Doubting yourself and others. These thoughts often start as a defence mechanism, but, if left unresolved, can warp perspectives and become destructive.

**Exercise:** How physical activity and mental health are linked.

**Primary Appraisal of Events:** The initial evaluation of an event, like your immediate thoughts or reactions to someone giving you bad news.

**Must and Ought Statements:** Thinking about yourself and the world in ways that conform to rules, like "he should have done that", or "I must succeed". When we develop these rules for others and ourselves, it can be really distressing when violations occur.

